

Statistics Report 01012, Cheese, cottage, creamed, large or small curd

Report Date: June 22, 2017 11:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	79.79	--	0.242	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Energy	kcal	98	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	412	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein 1	g	11.12	--	0.408	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Total lipid (fat) 1	g	4.30	--	0.026	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Ash 1	g	1.41	--	0.032	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Carbohydrate, by difference	g	3.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total 1	g	2.67	--	0.520	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Sucrose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Fructose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Lactose 1	g	2.67	--	0.520	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Maltose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Galactose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Minerals													
Calcium, Ca 1	mg	83	--	1.350	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Iron, Fe 1	mg	0.07	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Magnesium, Mg 1	mg	8	--	0.250	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Phosphorus, P 1	mg	159	--	3.383	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Potassium, K 1	mg	104	--	8.138	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

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Sodium, Na 1	mg	364	--	17.616	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Zinc, Zn 1	mg	0.40	--	0.014	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Copper, Cu 1	mg	0.029	--	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Manganese, Mn 1	mg	0.002	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Selenium, Se 1	µg	9.7	--	1.418	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fluoride, F 2 3 4	µg	31.6	--	9.411	6.5	81.7	6.0	8.559	54.612	3	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin 1	mg	0.027	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Riboflavin 1	mg	0.163	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Niacin 1	mg	0.099	--	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.557	--	0.027	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin B-6 1	mg	0.046	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Folate, total	µg	12	--	1.350	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	--	1.350	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total 5	mg	18.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 5	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 1	µg	0.43	--	0.047	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol 1	µg	36	--	2.579	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	01009	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	140	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol) 1	mg	0.08	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocopherol, gamma 1	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Tocopherol, delta 1	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	3	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	0.0	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2009
Lipids													
Fatty acids, total saturated	g	1.718	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
4:0	g	0.109	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
6:0	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
8:0	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
10:0	g	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
12:0	g	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
14:0	g	0.263	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
15:0	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
16:0	g	0.778	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
17:0	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
18:0	g	0.345	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
Fatty acids, total monounsaturated	g	0.778	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
14:1	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
16:1 undifferentiated	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
18:1 undifferentiated	g	0.714	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.123	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:2 undifferentiated	g	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
18:3 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01015	05/2008
Cholesterol 1	mg	17	--	0.208	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Amino Acids													
Tryptophan 1	g	0.147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Threonine 1	g	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Isoleucine 1	g	0.591	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

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Leucine 1	g	1.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lysine 1	g	0.934	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Methionine 1	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Cystine 1	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Phenylalanine 1	g	0.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Tyrosine 1	g	0.604	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Valine 1	g	0.748	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Arginine 1	g	0.497	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Histidine 1	g	0.326	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Alanine 1	g	0.384	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid 1	g	0.905	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glutamic acid 1	g	2.603	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glycine 1	g	0.222	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Proline 1	g	1.229	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Serine 1	g	0.639	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD
²Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301
³J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988
⁴Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision
⁵Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD